



AMERICAN COLLEGE OF
Lifestyle Medicine

ACADEMIC ROADMAPS

**LIFESTYLE MEDICINE
EDUCATION
ENGAGEMENT &
CERTIFICATION**

www.lifestylemedicine.org
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INTRODUCTION

Mission and Vision

The American College of Lifestyle Medicine (ACLM) is a galvanizing force for change. ACLM addresses the need for quality, evidence-based education, and certification as well as advocates for its members in their individual practices and in their collective mission to nationally and globally promote lifestyle medicine (LM) as the first and optimal treatment option. ACLM members are united in their desire to eradicate the root causes of chronic disease. Rather than disease management, LM clinicians specialize in health restoration.

ACLM is the only national organization to offer its members: high-quality, standardized LM curriculum and certification; discounted access to the latest evidence-based research, conferences, and webinars to stay current in the field; statistics on the economics and ROI of LM in clinical practice; practice and reimbursement models; and networking opportunities with like-minded professionals. As a result, ACLM members are educated, equipped, and empowered to practice and advocate for LM. They can transform their patients' lives through improved clinical outcomes, increased well-being, increased workplace productivity, and a reduction in health care costs. Furthermore, it is being shown that in a time of unprecedented physician burnout, practicing LM brings joy back into the healing profession.

Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity. Lifestyle medicine certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle change to treat and, when used intensively, often reverse such conditions. Applying the six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections—also provides effective prevention for these conditions.

How to Use this Roadmap

1. Navigate to your roadmap by identifying your role in the Table of Contents
2. Click on the underlined [hyperlinks](#) to learn more or take action
3. Connect with other individuals who can support you in your journey



The American College of Lifestyle Medicine (ACLM) addresses lifestyle medicine education needs across the education spectrum. From undergraduate and preprofessional programs to medical school, residency, continuing education, and certification, ACLM has resources to meet your needs.



See all offerings





Importance

Medical students, health professional students, residents, and fellows make up the ACLM Trainee community. As future health care professionals, Trainees are uniquely positioned to transform the health care system - starting with their own education. In order to advocate for a transformed health care system, students have the opportunity to start Lifestyle Medicine Interest Groups (LMIG) and host community events. The establishment of LMIGs cultivates multi-institutional, student-initiated programming that supports healthy habits for students, faculty, as well as the local community. ACLM's Trainees have started these student-led, faculty-supported groups across the country that have been instrumental in advocating for curriculum reform and contributing to research in the field. ACLM's membership benefits support Trainees in the pursuit of furthering their education in LM and working towards certification in the field.

Support Networks

By drawing on the support of faculty, academic institutions, clinical preceptors, fellow Trainees, and the ACLM, Trainees can advocate for their education in LM and curriculum reform and work towards certification to become leaders in the field of LM.



MEDICAL STUDENT ROADMAP



ENGAGEMENT

Network with like-minded individuals!

Mentorship and Research

Join one of ACLM's [Member Interest Groups](#)* for mentorship and collaboration opportunities.

Gain experience by submitting a [research poster](#) to be presented at the annual conference.

Leadership & Networking

Apply for a leadership position on the [Trainee Executive Board](#).

Tools and Resources

Leverage complimentary resources for patient or community education.



ACADEMIC ADVOCACY

Bring lifestyle medicine to your medical school!

[Academic Programs](#)

Find medical schools that are integrating lifestyle medicine.

[Lifestyle Medicine Interest Group \(LMIG\)](#)

Join or apply to start a LMIG at your academic institution.

[Culinary Medicine Curriculum](#)

[LMEd Medical School Curriculum](#)

[UME Question Bank](#)

Advocate for the implementation of our curricular offerings.



ACLM MEMBERSHIP

Join Us!

Become an ACLM [Trainee member](#) and join the fastest growing medical specialty. As an ACLM member, you will gain access to many [member benefits](#)*, including:

[American Journal of Lifestyle Medicine Access](#)*

Stay up to date on the latest scientific research in the field.

[Student Scholarships](#)

Receive priority for scholarship and grant opportunities, like the

[Donald A Pegg Student Leadership Award](#).

[Taste of Lifestyle Medicine Grant](#)

Access funding for hosting plant-based events.



EDUCATION

Learn more about lifestyle medicine!

[Annual Conference](#)

Attend ACLM's annual conference to learn from leaders in the field of lifestyle medicine. Access past conference sessions through the [Video on Demand](#)* member archive.

[Online Educational Courses](#)

Further your knowledge by taking one of our educational courses at a deeply discounted student rate.

[Webinars](#)

Attend our live webinars and access previous webinar recordings in the members-only webinar archive*.



RESIDENCY AND CERTIFICATION

Become trained and certified!

Learn more about residency programs that offer the [Lifestyle Medicine Residency Curriculum](#) and the path to [lifestyle medicine certification](#).

*ACLM Members-Only benefit



RESIDENT ROADMAP



ENGAGEMENT

Network with like-minded individuals!

Mentorship and Research

Join one of ACLM's [Member Interest Groups](#)* for mentorship and collaboration opportunities.

Gain experience by submitting a [research poster](#) to be presented at the annual conference.

Leadership & Networking

Apply for a leadership position on the [Trainee Executive Board](#).



RESIDENCY

Advocate for lifestyle medicine in residency training!

Residency Programs

Learn more about residency programs that offer the Lifestyle Medicine Residency Curriculum to fulfill the educational prerequisite to becoming board certified in lifestyle medicine.

Lifestyle Medicine Residency Curriculum (LMRC)

Bring the LMRC to your residency program to lay a foundation of Lifestyle Medicine for future residents and advance the field.



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[Practice Resources](#)*

Leverage lifestyle medicine assessments and questionnaires, reimbursement and shared medical appointment roadmaps.



EDUCATION

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Online Educational Courses

Further your knowledge by taking one of our educational courses at a deeply discounted Trainee rate.

Webinars

Attend our live webinars and access previous webinar recordings in the members-only webinar archive*.



CERTIFICATION

Become certified in lifestyle medicine!

Educational Pathway to Certification

Complete the LMRC within your residency program and qualify to sit for the ABLM exam.

Experiential Pathway to Certification

If your residency program does not offer the LMRC, find out more about how to get certified through the experiential pathway.

*ACLM Members-Only benefit



HEALTH PROFESSIONAL STUDENT ROADMAP



ENGAGEMENT

Network with like-minded individuals!

Mentorship and Research

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Gain experience by submitting a [research poster](#) to be presented at the annual conference.

Leadership & Networking

Apply for a leadership position on the [Trainee Executive Board](#).

Tools and Resources

Leverage complimentary resources for patient or community education.



ACADEMIC ADVOCACY

Bring lifestyle medicine to your school!

Academic Programs

Find health professional institutions that are integrating lifestyle medicine.

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Lifestyle Medicine 101 Curriculum

Culinary Medicine Curriculum

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CERTIFICATION

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Learn more about how to become certified in [lifestyle medicine](#).

*ACLM Members-Only benefit





Importance

Faculty and administrators are key stakeholders uniquely positioned to evoke change in the current education and health system by implementing lifestyle medicine into existing curriculum and training programs. Serving as a faculty advisor for a student-led Lifestyle Medicine Interest Group (LMIG), implementing lifestyle medicine curriculum and resources, contributing to research, and becoming trained and certified in lifestyle medicine allows faculty and administrators to serve as leaders in the field of lifestyle medicine.

Support Networks

By collaborating with students, other faculty and administrators, clinical preceptors, and the American College of Lifestyle Medicine, faculty and administrators can advocate for lifestyle medicine education and health care reform, becoming leaders in the field of lifestyle medicine.



MEDICAL SCHOOL FACULTY & ADMIN ROADMAP



ENGAGEMENT

Network with like-minded individuals and pursue research opportunities!

Networking

Join one of ACLM's [Member Interest Groups](#)* for networking and collaboration opportunities.

Research

Submit a [research poster](#) to be presented at the annual conference and share the opportunity with students.

Consider submitting lifestyle medicine research to be published in the [American Journal of Lifestyle Medicine](#).

Tools and Resources

Leverage complimentary resources for patient or community education.



ACADEMIC ADVOCACY

Bring Lifestyle Medicine to your medical school!

Academic Programs

Find other medical schools that are integrating lifestyle medicine.

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[Culinary Medicine Curriculum](#)

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ACLM MEMBERSHIP

Join Us!

Become an ACLM [member](#) and join the fastest growing medical specialty.

[Bulk Membership Packages](#)

Secure ACLM membership for your students and colleagues by contacting membership@lifestylemedicine.org.

As an ACLM member, you will gain access to many [member benefits](#)*, including:

[American Journal of Lifestyle Medicine Access](#)*

Stay up to date on the latest scientific research in the field.

[Scholarships and Grant Opportunities](#)

Share [scholarship opportunities](#) with students and access funding for hosting plant-based events on campus through the [Taste of Lifestyle Medicine Grant](#) program.



EDUCATION

Learn more about lifestyle medicine!

Annual Conference

Attend ACLM's annual conference to learn more and fulfill the live CME prerequisite to becoming certified in lifestyle medicine. Access past conference sessions through the Video on Demand* member archive.

[Online Educational Courses](#)

Earn CME/CE by taking one of our educational courses at a discounted member rate. *Note: The [LM Board Review](#) and [LM Core Competencies](#) courses fulfill prerequisites to become certified.*

[Webinars](#)

Attend our live webinars and access previous webinar recordings in the members-only webinar archive*.

[Bulk Education Packages](#)

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CERTIFICATION

Become certified in lifestyle medicine!

Learn more about how to become certified in [lifestyle medicine](#). Steps you can take to get started are:

[Attend the ACLM Conference](#)

Earn the live CME/CE prerequisite to become certified in lifestyle medicine.

[Enroll in the LM Board Review or LM Core Competencies Courses](#)

Earn the online CME/CE prerequisite to becoming certified in lifestyle medicine.



RESIDENCY LEADER ROADMAP



ENGAGEMENT

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Networking

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Research

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 ACLM Membership: membership@lifestylemedicine.org
 ACLM Education: education@lifestylemedicine.org
 ABLM Certification: info@ablm.co



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HEALTH PROFESSIONAL FACULTY & ADMIN ROADMAP



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MORE INFORMATION

Email ACLM

Trainees: trainees@lifestylemedicine.org

Lifestyle Medicine Residency Curriculum: lmrc@lifestylemedicine.org

Membership: membership@lifestylemedicine.org

Education: education@lifestylemedicine.org

ACLM Certification: certification@lifestylemedicine.org

ABLM Certification: info@ablm.co

Learn More

Lifestyle Medicine Academic Programs

www.lifestylemedicine.org/academic-programs

Lifestyle Medicine Residency Curriculum

www.lifestylemedicine.org/residency-curriculum

Culinary Medicine Curriculum

www.lifestylemedicine.org/culinary-medicine

Lifestyle Medicine 101 Curriculum

www.lifestylemedicine.org/lm101

Lifestyle Medicine Interest Groups

www.lifestylemedicine.org/lmig

